

ABSTRACT OF THE DISCLOSURE

HEALTHY DIET SYSTEM

A system for assisting a person in establishing and adhering to a healthy diet is described. Each person should determine what constitutes a healthy diet for that particular person, based on education and consultation with a physician or other professional. Appropriate written information for establishing the healthy diet may be provided in the form of a chart. The healthy diet for each person will typically consist of foods which should be eaten, foods which should be eaten only in small quantities, and foods which should be avoided. The diet system described herein consists of a series of visual and conditioning aides which can be used together or separately to assist the person in remembering and adhering to the healthy diet appropriate to that person. The visual and conditioning aides include coded labels for affixing to containers of particular foods, coded labels for temporarily affixing to the person's dominant hand, a coded bowl for measuring and serving food, and a coded chart providing diet instructions and coded in a similar manner to the other aides. These aides together form an integrated diet system that provides immediate visual awareness and recognition of diet guidelines, biofeedback, aversion recognition of choices adverse to the diet, and a visual conditioning response.